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THURSDAY, DECEMBER 31, 2009

Torch comes to town
 Sparking our Olympic spirit
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Food for the soul
 George Duma on community generosity
 Page 16 and 19

I've been thinking
 Are you aware of the beauty around you?
 Page 8

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■ **HOLIDAYS:** Dozens of local volunteers dish out extra helpings of kindness at Christmas

Putting the 'Port' in support

ALLAN BENNER
 InPort News Staff

PORT COLBORNE — For far too many seniors and others in the city special days like Christmas pass by quietly.

They don't even enjoy a special meal to commemorate the day.

But about 250 Port Colborne residents, who might otherwise have been alone on Christmas Day, instead had a Christmas to remember last Friday.

Dozens of volunteers, including Port Colborne firefighters, Katimavik participants, and others spent the day preparing and serving a Christmas dinner for the community, at Port Colborne High School's cafeteria.

For Jack O'Neill, one of the event organizers, the 12th annual event was an opportunity to give rather than receive.

"Do you see me laughing and smiling? That's what it's all about — Christmas."

"That's what it's all about. Helping people," he said.

"This is a community we're proud of. And when you can be proud of a community, you're going to do everything possible to help them — especially the seniors, the poor, whoever is alone. They need a good hot meal on Christmas Day, and friendship and gifts. This is what it's all about."

See **CHRISTMAS DINNER** | Page 14



ALLAN BENNER Staff Photo

From left, Conrad Miller, Steve Therrien, Bill Brownell, Albert Guidon and David Smith enjoy Christmas dinner.

See Inside: **PUPP'S INSERTS**
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portraits

■ TORCH RUN

Igniting Port's Olympic pride

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Twenty torch bearers anxiously sat in the Flame 5 bus on Dec. 21.

They were the first sign of the 2010 Winter Olympic Games torch making its way to Port Colborne.

Parked at Moe's Tap & Wings, men, women and teens from around southern Ontario were all dressed in Olympic track suits, each with an Olympic torch in hand.

At 10:02 a.m., Port's first torchbearer — Hugh Caughey of Hamilton — made his way to stop No. 35 of the day, beginning the torch run in Port Colborne, following the relay's continued start in Fort Erie.

"It's wonderful, a great experience," he said before the run.

"I ran in 1988 for the Calgary Olympics. It's a memory that will last forever," he said noting this time, he was passing the torch to his daughter Kate.

Port Colborne resident Sara Norman and her mother Susan anxiously waited to cheer on the torch's arrival.

For Sara, who has been a big fan of the Olympics and athlete throughout her entire life, "I thought it was an amazing experience to support the community and come out."

Susan said it was great the torch came through small towns like Port Colborne, in addition to large cities.

"I think Port Colborne will show its Olympic pride."

Along the route, supporters with Canadian flags, Olympic mittens and dressed in red and white were cheering on torchbearers.

Lesia Hucal of Stoney Creek applied to



be a torchbearer through Coca-Cola. Her family has green Saturdays through which the family learns about the environment and puts sustainable household practices into place. It was for that reason she was chosen to carry the torch.

"It's nice to be running in Port Colborne," the Stoney Creek native said.

Hucal, like thousands of Canadian torchbearers, paid to keep her torch.

"It will be mounted as an everlasting memory."

She also carried the world-famous flame in her hometown in 1988. It was easy for her to summarize the experience as "exhilarating."

Organizers believe close to 2,500 supporters rallied on Charlotte St. and throughout the crowd to cheer on the flame.

Among the crowd of Olympic supporters in front of city hall, Port Colborne resident Paul Barchiesi stood wearing his Olympic track suit, holding the torch he carried through Thorold the previous day.

"It was unbelievable. Basically I didn't even feel like I ran 300 metres," he said.

"It was a natural high and it makes you very proud to be a Canadian."



JOHN VESSIOYAN Staff Photos

Upper left: Brent Kovacs of the Port Colborne Pirates holds the Hungarian flag during the Olympic Torch Relay in Port Colborne.

Above: Port Colborne's Issac Dewaard sits on the shoulders of his friend, Ryan Kent of St. Catharines to watch the Olympic torch pass through downtown Port Colborne.

See **TORCH RUN** | Page 3

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■ TORCH RUN

Taking our Olympic spirit to the streets



KAESHA FORAND AND JOHN VESSOVAN Staff Photos

Crowds gathered along Catherine St. and the Port Colborne Fire and Emergency Services hung a huge Canadian flag from a truck to welcome the torch to its rest stop at city hall.

SECOND ROW PHOTOS

Left: Port Colborne torch bearer Daniel Grincevicius leaves city hall in front of a large crowd of supporters.

Middle: Hugh Caughey of Hamilton embraces his daughter after passing her the flame.

Right: A member of the Olympic Torch Relay team waves from the Coca-Cola truck to the crowd in downtown Port Colborne.



BOTTOM ROW
Left: Paul Barchiesi poses with Mayor Vance Badawey in front of city hall. The Port resident ran with the torch in Thorold and posed for photos with residents anxious to hold the torch.

Middle: Port's Carson Lammman, with the Canadian flag on his back, watches the torch arrive downtown.

Right: Benjamin Shoalts, 8, of Port Colborne shoots a basketball during the mini Olympics held during the Torch Relay.

FROM PAGE 3

One by one, torchbearers made their way to city hall where a crowd and colour guard of world flags lined the streets. Residents cheered the arrival of Naomi Cowan, who made her way to the podium at city hall. A small stick was put to her flame to light a coal miner lamp.

"With this flame passing through our community, it signifies our community's pride in hosting the 2010 Olympics here in Canada," Mayor Vance Badawey said.

The Port Colborne High School band sang *O Canada*, followed by Badawey's introduction of Bruno Ventura who, as a member of the Italian army, was among 25 people who carried the Olympics' Peace Torch from Lodi to Milan in 1948.

In recognition of his torchbearing, he received a medal with an Italian inscription.

As Ventura stood in front of the crowd at the steps of city hall yesterday, he proudly wore the medal that had been tucked away for years.

"It's the first time I've worn it in a long time."

Ventura had his own cheering section. About 20 relatives travelled from as far as Toronto, Guelph and Orillia.

"It was unbelievable. I can never forget this day," he said after the ceremony.

Ventura's daughter Luisa said it was worth the trip to take part in the morning events.

"We were privileged for him to accompany the mayor. It's phenomenal to see the community together."

While the crowds waited for the arrival of the torch, they also had the opportunity to participate in their own Olympic-style games. In the market square, local organizations offered T-ball and basketball free-throw shooting and Ball Hockey International set up a ball hockey rink. From Charlotte St., the torch made its way to Port Colborne High School and ended its route near the Port Colborne Mall.

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SUN MEDIA
A Division of The Canadian Press

ourview

National food policy is something to chew on

KALVIN REID
QMI Agency

It's safe to say many Canadians don't think too much about the source of their food, particularly those who live in urban areas.

Most anything they need can be found in abundance at a local grocery store.

But it's a facade that belies the reality of the situation. Bette Jean Crews, president of the Ontario Federation of Agriculture, notes Canadians don't generally perceive their food supply in danger because the nation never really has experienced a food shortage — no wars or famine have threatened the domestic food chain. But Canadian farmers — or to be more precise, Canadian farmers — are at risk. The traditional family farm is in decline. In the decade from 1996 to 2006, Statistics Canada reports the number of farms in Canada dropped by more than 47,000, but the amount of land in active agriculture increased by more than 500,000 hectares. It's an indication that big corporations are taking over more of our food production.

Corporatization in and of itself isn't necessarily a bad thing. But without a national food policy, there is no guarantee that the goals of the company will mesh with those of the country.

The growth of corporate farm ownership coincides with a steep rise in Canada's farm exports. According to Agriculture and Agri-Food Canada, food exports jumped 23.6% from 2007 to 2008 to \$68.9 billion.

Over the same period, the dollar value of food imports to Canada climbed 16% to \$27.7 billion. Roughly half of all agricultural commodities produced in Canada are exported. This does little to help Canada maintain food sovereignty.

We now are a nation that annually exports \$317 million in dairy products, eggs and honey, and turns around and imports \$553 million of the same.

It makes little sense. Governments at all levels need to rectify this situation quickly.

A national food policy would help ensure family farms are sustainable in Canada, would secure a local food source, would ensure we grow food to feed Canadians first and would help protect the environment by sharing best practices.

The local food movement has been gaining momentum in recent years. That sets the stage to draft a formal policy that protects Canadian agriculture — and Canadian farmers — and provides the country with a healthy, safe source of food.

■ GROCERY STORE PUTS GENEROSITY ON THE LIST



Supplied Photo

Caitlin Battista (left), special events coordinator for Port Cares and Rachelle Anderson, volunteer coordinator for Port Cares, were on hand at No Frills recently to thank store manager Mike Kryviak for the Extra Helping Holiday Food Drive the store held. Customers donated \$1,311 in food and \$110 in cash donations for local food providers. *insets*.

■ readers' views

Port Cares thanks food drive supporters

Port Cares would like to extend a gracious thank you to Loblaw Co. Ltd. and Food Banks Canada for the opportunity to take part in this year's Extra Helping Holiday Food Drive.

With the support from Port Colborne and surrounding areas, we managed to raise \$1,311 in food which will be distributed to food providers throughout Port Colborne.

A special thanks to all of our volunteers who put in countless hours and to Brent and Jenny's No Frills for their hard work and support — without it our goal would have never been realized.

Once again, a heartfelt thanks.

Caitlin Battista, Port Cares

Helping make Christmas a lot brighter

The Salvation Army Family Services of Port Colborne would like to thank the staff and students of Steele Street Public School for their help in making Christmas a lot brighter for five area families.

For the Christmas concert night, guests were asked to bring a toy or non-perishable food item for the Christmas hampers.

The gifts were overflowing. Awe-

some job!

Each family will receive gifts and food for the holiday.

We would also like to thank DeVitt Carter Public School and area businesses who took on the project with great joy.

Thanks to everyone for participating with us.

Cheryl Moore, Salvation Army

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WORLD ISSUES

Copenhagen aftermath



Gwynne Dyer

“The city of Copenhagen is a crime scene tonight, with the guilty men and women fleeing to the airport,” said John Sarsen, executive director of Greenpeace U.K., recently.

“There are no targets for carbon cuts and no agreement on a legally binding treaty.”

The guilty men included U.S. President Barack Obama and Brazilian President Luiz Inacio “Lula” da Silva, who took the first planes out, Xie Zhenhua, the head of China’s delegation, lingered behind to declare that “The meeting has had a positive result, everyone should be happy.”

But many people are unhappy, including most of the 130 presidents and prime ministers who showed up for the Copenhagen conference.

Their countries spent two weeks struggling unsuccessfully to bridge the gulf between the rich and the poor nations over who pays to fix the eminently fixable problem of global warming, but at least they were clear on the goal.

They wanted a treaty that would hold the warming to a safe level (although they could not agree on what that level was). Most of them even wanted to make it legally enforceable.

The Copenhagen Accord, by contrast, was a drive-by shooting, agreed in a few hours between the U.S., China, India, and South Africa. It contains no hard numbers for emissions cuts and no deadlines. Yet Barack Obama insisted that it was a “meaningful result,” because they had agreed to set a mitigation target to limit warming to no more than 2 C and, importantly, to take action to meet this objective.

It's easy to make fun of this stuff. Those wise and powerful men set a target of no more than 2 degrees C of warming, which is exactly the same target they declared at the G8/G20 summit last July.

“Importantly,” they also agreed “to take action to meet this objective” — though they could not agree on what the action would be, or when they would decide on it.

For this, 192 countries spent two weeks negotiating at Copenhagen? Why bother? It was an utter waste of time.

But why is anybody surprised?

Even I knew that it was bound to end up like that.

■ GWYNNE DYER: The Copenhagen summit

Time is not on our side when it comes to climate change

FROM PAGE 4

Two weeks ago, I wrote: "The Copenhagen summit will certainly fail to deliver the right deal. The danger is that it will lock us into the wrong deal, and leave no political space for countries to go back and try to get it right later. Public opinion is climbing a steep learning curve, and the asymmetrical deal that cannot be sold politically today might be quite saleable in a little time or a year or two."

Well, Copenhagen certainly didn't lock us into the wrong deal.

The reason no deal was possible is that public opinion in the developed countries is still in denial about the fact that the final climate deal must be asymmetrical. Until the general public grasps that, especially in the United States, there will be no real progress.

Most Western leaders understand the history. For two centuries, the countries that are now developed got rich by burning fossil fuels. In the process, they filled the atmosphere with their greenhouse gas emissions, to the point where it now has little remaining capacity to absorb carbon dioxide without tipping us into disastrous heating.

This means that the rapidly developing countries like China, India and Brazil will push the whole world into runaway warming if they follow the same historical path in growing their economies. Since they are relatively poor, however, they have been investing mainly in fossil fuels, just as the West did when it was starting to industrialize.

A wide variety of alternatives is now available, but only at a higher price.

So how do we deal with this unfair history? The developed countries must cut their emis-

sions deeply and fast, and give the developing countries enough money to cover the extra cost of growing their economies with the clean sources of energy that they must use instead of fossil fuels. That's the deal, but most voters in the United States don't understand it yet.

That's why Barack Obama couldn't promise to cut American emissions to 20 or 25% below 1990 levels by 2020, as most other industrial countries were offering to do. Instead, he could only offer a paltry 4% — and he couldn't even guarantee that.

His most visible problem is the U.S. Senate, a body whose constitutional role is to delay change. The Senate has become more corrupt in recent decades because of the almost unlimited spending power of special interest groups, but an uncorrupted Senate would not pass drastic climate legislation either.

Like Obama himself, it cannot risk getting too far ahead of the American public.

Until Americans start to take climate change seriously, Obama will not be able to move.

It is politically impossible for the Chinese to make concrete commitments until the Americans do. We will just have to wait until they get there.

Each year in which we don't reach an adequate global climate deal is probably costing on the order of 50 million extra premature deaths between now and the end of the century, but that's just the current tariff. By 2015, the annual cost in lives of further delay will be going up steeply.

Time is not on our side.

Gwynne Dyer's latest book, *Climate Wars*, was published recently in Canada by Random House and Vintage.

Ask the HEALTH EXPERT

NELSON NARCISO

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■ **CONTEST:** Winning photo to be published in 2010 visitor's guide

Tourism Develop Corp. wants your holiday season photos

InPort News Staff

PORT COLBORNE —Did you attend the Santa Claus parade, Grand Old Christmas Festival or Olympic Torch run?

Did you capture a photo that shows Port Colborne during the holiday season or is there a location in town that is especially striking during the holiday season with a light dusting of snow?

Capturing a holiday moment or event can earn you \$100 at a local store in the City of Port Colborne's first photography contest.

"We were looking to really engage people in events in Port Colborne this year, and it seemed like a good way to engage citizen participation and get an idea of what Port Colborne looks like during the holiday season," said Evan Acs, acting tourism and marketing coordinator at the Port Colborne Economic and Tourism Development Corp.

Preference will be given to in-season scenery, landmarks and community activities. The winning photo will appear on the city's website, in the 2010 visitor's guide and could also be used in other mar-

keting initiatives and brochures.

The winning photographer will also receive a \$100 gift certificate to a local business.

Images must be the highest possible resolution, with a minimum resolution of 300 dpi and at least 2592x1944 pixels. No allowances will be made for poor-quality or watermarked images and images must be burned on a CD. Entries must be accompanied by a photo contest form, which is available on the city's website. Entries and forms should be clearly labelled "photo contest." Drop them off at the Port Colborne Economic and Tourism Development Corp. office at the Roselawn Centre or at city hall by Jan. 25.

Up to five photographs may be submitted per person. There is no entry fee, but all photographs must be submitted in high-resolution, digital format.

Photographers of all ages and abilities are invited to submit entries.

Visit www.portcolborne.ca and type in holiday photography contest to download the PDF information and contest form.

■ **GENEROSITY FULL SPEED** : Students donate race car prize cash



ALLAN BENNER Staff Photo

Port Colborne/Welland Shrine Club members president Dave Nollis and first vice president John Horton accepted a \$575 cash donation from members of the Niagara Catholic District School board's after-school auto club — Tony Berardocco from Notre Dame, Larry Czinega and Kyle Tomaski from Lakeshore Catholic and teacher Aaron Vasas. A race car the students built earned \$575 in prize money and the students chose to donate it to the Shriners since it's an organization dedicated to assisting children.

• At least 1 in 3 people could still get H1N1.

• Half of those in hospital with H1N1 have been under 24 years old.

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■ WINNERS SCORE LEAFS TICKETS



KAESHA FORAND Staff Photo
Bernie and Irene Sumbler were the winners of the downtown shopping draw for two Toronto Maple Leafs tickets and \$200 in shopping money. The prize was provided by Gary Talosi of Dundee Wealth Management (left), to Bernie and Irene with Brendt Sals and Gayna Evans, Community development co-ordinators with South Niagara Community Futures Development Corp.

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Cholesterol

Most people are aware that it is important to have their cholesterol checked. We know that "high" cholesterol may be a predictor of heart disease and stroke. Confusion arises regarding what our cholesterol readings mean and what we should do about it.

Guidelines recommend men over forty and women over fifty should have their cholesterol tested. Other high risk individuals should also be tested. Even if you do not fit in to one of those categories it is a good idea to have your cholesterol screened even at a young age to have a baseline reading. A new blood test looks at something called High-sensitivity C-reactive protein (hsCRP). This is an important test for individuals who may have a strong family history of heart disease, but their cholesterol levels are good. It can predict cardiovascular risk in asymptomatic individuals. Research is now suggesting if this number is higher than three, individuals should start on a statin medication like Crestor. This may prevent a first heart attack. Prevention is very important as fifty percent of patients will suffer sudden death with an initial heart attack.

Physicians use specific guidelines in order to determine when to use medication to treat high cholesterol. Patients are classified in low, moderate, and low risk categories depending on their likelihood of having a heart attack within the next ten years. Obviously patients in the highest risk category are treated most aggressively to reach specific cholesterol targets.

Physicians are interested in a patient's LDL cholesterol often called bad cholesterol. They also look at a patient's total cholesterol/HDL cholesterol ratio. The following is a chart of cholesterol targets.

High Risk Level	Moderate risk level	Low Risk level
LDL <C2.0 mmol/L	LDL <C3.5 mmol/L	LDL <C5.0 mmol/L
TC/HDL <C4.0mmol/L	TC/HDL <C5.0 mmol/L	TC/HDL <C6.0mmol/L

If you are interested in your cholesterol readings you may ask your physician for your laboratory results and your risk classification.

Cholesterol medications affect your cholesterol in different ways. Depending on what your cholesterol readings are, certain meds will lower your bad cholesterol. Others will raise your good cholesterol. Sometimes patients need to be on more than one medication. Medications called statins like Lipitor and Crestor work to decrease your body's production of cholesterol. Others like Ezetrol decrease the amount of cholesterol you absorb from your diet. In general cholesterol medications are fairly well tolerated.

Diet and exercise may help your cholesterol but dietary intake only accounts for about 10% of the body's cholesterol. The rest is produced by the body. This is an area where genetics plays a large role. Some over-the-counter treatments may also help. Niacin can be bought without a prescription and will help lower your bad cholesterol. Unfortunately it is not always well tolerated and can cause redness and flushing. Fish oil, specifically Omega 3's, can help protect against heart disease and some of the negative effects of cholesterol. Of course it is always a good idea to check with a physician before taking any supplements.

The best way to check your cholesterol is with a 12 hour fasting laboratory test. However, the pharmacy will sometimes run screening and cholesterol clinics. If you are interested please call to find out when we are having our next clinic.

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■ I'VE BEEN THINKING ...ABOUT AWARENESS

Take time to appreciate the beauty that surrounds you

FR. DAVID (GRAHAM) SCOTT

St. Ignatius of Antioch Orthodox Mission

The place is a subway station in Washington, D.C. The date is Jan. 12, 2007. The time is morning. The weather is cold.

A man with a violin is playing six pieces by Johann Sebastian Bach. His hat lies beside him in case anyone cares to give him some cash.

While the man plays his violin, about 1,100 people hurry through the station — most of them on their way to work.

After three minutes a middle-aged man notices that there is a musician playing. He slows his pace and stops for a few seconds, and then hurries off to meet his train.

Four minutes later, the violinist receives his first dollar. A woman throws the bill in

his hat and continues to walk without stopping. Six minutes later, a young man leans against the wall to listen, but then looks at his watch and hurries off.

Ten minutes later, a three-year-old boy stops but his mother tugs him away in her haste. The boy stops again to look at the violinist. But the mother pulls hard and the child trotting beside her keeps on turning his head to see the man.

Several other children stop to look at the violinist playing. But every parent forces the child to move on quickly.

Only seven people actually stop and listen for a short while.

After about an hour of playing, the violinist stops. Nobody notices. Nobody applauds.

Some 27 people put money in his hat — a total of \$32.17.

Nobody knew that the violinist was the world-famous Joshua Bell, playing on his \$3.5 million violin.

Two days before, Bell had played at a sold out concert in Boston, where the seats averaged \$100 each.

Bell played incognito at the metro station on a cold January morning as an experiment organized by reporter Gene Weingarten of the *Washington Post*. Weingarten won a Pulitzer prize for his story.

The experiment tested people's perception, taste and priorities.

In a common place environment at an inconvenient hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize talent in an unexpected situation?

If we don't have a moment to stop and listen to a world-famous musician playing some of the world's most beautiful music on one of the most marvelous violins ever made, how many other things are we missing in life?

There is beauty all around us — in sun-

ries and sunsets, in gardens and parks, in the faces of children and 90 year olds, and in musical works from Bachmanoff's piano concert to the plain Shaker tune *Simple Things* celebrated by Aaron Copland, and later by Sydney Carter.

If God created and inspired so much beauty in his universe, surely Chuck Colson was right to say that the God we worship glories in beauty. And no wonder a lay theologian named David Bentley Hart wrote a book entitled, *The Beauty of the Infinite*.

In all our hurry, are we missing something, as that busy Washington subway crowd did?

Are we missing someone? Is it not time to wait on the one whose hallmark is beauty? The prophet David sings, "Wait on the Lord, and keep his way, and he shall exalt you to inherit the Earth," (Ps. 37:34).

"Thanksgiving and beauty are before him: Holiness and majesty are in his holy place," (Ps. 96:8).

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- ▶ Dentures can warp if placed in hot water.
- ▶ Dentures can change shape if they dry out. When not in use, cover dentures with (room temperature) water or a denture-cleaning solution to prevent them from drying out.
- ▶ Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-tipped bristles. Use denture creams instead of toothpaste, which is too abrasive and will scratch your denture. Rinse with cold water.
- ▶ Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks. Be sure to visit your dentist regularly as part of your recommended check up schedule.
- ▶ Some medications can affect denture fit and wearability so be sure to discuss this with your doctor and dental professional.
- ▶ Only your dental professional is qualified to diagnose your oral health and adjust your denture or partial.
- ▶ Worn and stained dentures can make you look older and cause your dentures to function poorly.

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MAGGIE RIOPELLE Staff Photo

From left, UNWSS campaign chair Paul Leon, Port Colborne campaign chair Sandy White, Port Cares executive director Lynda Reinhardt, and UNWSS executive director Peter Papp.

LOW INCOME FAMILIES GET HELP WITH THEIR HEATING BILLS

PORT COLBORNE — People struggling to pay their heating bills this season have somewhere to turn — Port Cares and Hope Centre can help.

Recently, the United Way of South Niagara and Enbridge Gas announced \$34,000 in funding for the Winter Warmth program designed to give low-income families a hand with their heating bills.

The fund was established in Toronto during the winter of 2004 and has expanded since then to provide assistance to more families in more communities. Participating utility companies contribute funds to the annual program.

To be eligible for the program, individuals must be in arrears or at risk of being in arrears.

Those in need of assistance to pay heating bills should contact Cathy Barton at Hope Centre at (905) 788-0444 in Welland or Judy Cassari at Port Cares in Port Colborne at (905) 834-3629 for more information.

■ **DONATION:** Youth-led health projects get a boost



Staff Photo
The Powerhouse Project received \$1,000 from Niagara Region Public Health to support youth-led health promotion projects. Lesley MacInnis, health promoter with Niagara Region Public Health; left, presented the cheque to Sommer Chanthra, Niagara program coordinator at Powerhouse Project.

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■ PETS

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Sandie Bingley
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It's important to research the good and bad features and traits of the breed.

Ask a lot of questions to find out if the breed's temperament will suit you, your family and your lifestyle.

Some breeds thrive on being worked and exercised daily. If not, they could become troublesome because they are bored.

They invent their own games which may include destroying items in the house. Other breeds prefer to be indoors and resting most of the time. They don't want a lot of activity.

Some breeds need a lot of personal care which can become expensive, while others are low maintenance dogs.

Find out what breeds are great with kids and elderly family members. Also find out what breeds are not good with kids, or strangers. Some dogs can play nicely with other dogs in the house but others are better off and better suited to be an "only" dog.

Weather conditions can affect many breeds, so don't do well outside if it is too hot, too cold, too wet, or too windy. Some breeds don't care what the weather is like as long as they get to go out for a walk or run daily.

A great many breeds look really beautiful as pictured in the dog books, but it takes hours of work grooming these dogs to look that way. Many of these breeds need to see a professional groomer every two months to keep them looking good. If the dog may be too much work or expense, then you may choose to consider another lower-maintenance breed.

All breeds of dogs have inherited health problems. Each breed also has diseases that are common for that breed. Some of these problems may be minor but others may be life-threatening, so check carefully. Find out what the problems are for the breeds that you are interested in.

Do your homework and find out first before buying. If the breeder tells you their dogs have no problems, don't buy there. Move on and find a breeder that will be honest with you and tell the good, the bad and everything else.

Don and Sandie Bingley of Sandon Kennels in Sherston have trained dogs and bred Pembroke Welsh, Corgis and Tibetan Spaniels for 35 years. They can be reached at 905-894-4945.

■ localbrief

PORT COLBORNE TO RECEIVE \$2.4 MILLION FROM ONTARIO MUNICIPAL PARTNERSHIP FUND

WELLAND — The provincial government has announced Ontario Municipal Partnership Fund (OMPF) allocations for 2010.

The fund is a critical provincial funding program which assists municipalities with social program costs, equalization, policing costs, and assists northern and rural communities to provide services to citizens. For 2010, 382 municipalities will receive \$625 million in funding and the social assistance benefit uploads are valued at \$270 million. Some data elements and thresholds have been updated but the fund formula remains as it did for 2009.

Welland will receive more than \$3.6 million in 2010 as well as \$566,000 in estimated provincial gas tax revenue.

In 2010, Port Colborne will receive more than \$2.4 million in assistance and another \$96,300 in estimated provincial gas tax revenues.

Welland will receive \$487,100 of funding. Pelham is in line to receive \$20,800 in transitional assistance.

—InPort News Staff

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IMPORT/NEWS

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2008

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Fill in your ballot for the In Port's Readers Choice Awards. Write the names of your favourite businesses on the line provided. You can vote for as many different types of business as you wish in each of the 5 categories. Those merchants and businesses who receive the most votes will win the prestigious Readers Choice Award. The winners will be announced in a special section of the In Port News February 26th, 2010. Watch for our prizes! Your ballot is your entry to our cash prize! So fill it out and send it today! The deadline for submission is 5 p.m., Friday, January 23rd, 2010.

Please note: All categories do not have to be fully completed.

* Non Subscribers win \$50

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Only original newspaper ballots or hand-drawn ballots are accepted. No mechanical reproductions allowed. Employees of the Tribune, and their immediate families are not eligible. Winners of the Grand Prize will be determined by a random draw from all entries received by 5 p.m., Friday, January 23rd, 2009. Winners will be contacted by phone. You do not have to fully complete ballot to win.

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■ **CHRISTMAS DINNER:** 12th annual event has grown every year

One hot meal, many warm hearts

FROM PAGE 1

There's a great deal of work involved in making the event possible.

He starts about three weeks before Christmas, looking for donations and promoting the event.

O'Neil said the event couldn't happen without the hard work and dedication of the volunteers, as well as donations from the community, ranging from gifts piled high on a table in the middle of the room to the food itself, and monetary donations to buy the main course — turkey and ham.

"The supporters we have are fantastic. It's good to see our professional firefighters out here helping us," he said.

It just makes me happy. I love it. I wouldn't miss this for the world.

Jack O'Neil, organizer

The 10 Katimavik participants didn't mind volunteering their special day to bring joy to the Port Colborne residents — even though it meant being away from their own families at this special time of year.

While they missed their families at home, "we have our Katimavik family," said Rachelle Marek.

O'Neil said the event has grown substantially since it began 12 years ago when Larry Olm approached him with the idea of doing something to help make Christmas special for people in the community.

The first year, he said they prepared for as many as 150 people — but only 65 showed up.

"We weren't discouraged," he said. "We kept it up and every year it grew."

The event eventually outgrew Royal Canadian Legion Branch 56's hall and was moved to the high school's cafeteria.

And it's still growing.

Last year about 230 people showed up. This year, O'Neil said they were expecting more than 250.

The economy and recent job losses, he said, are adding to the numbers. O'Neil vowed to continue bringing the Christmas Day event to the community for as many years as he can.

"I don't know how much longer we'll keep going, but we'll go on as long as I'm around," he added, laughing.

"It's just a good day. It just makes me happy. I love it. I wouldn't miss this for the world."



ALLAN BENNER
Staff Photos

Upper left: Danielle Rock, 10, holds a plate of cookies during the community Christmas dinner in Port Colborne.

Upper right: Port Colborne fire Chief Tom Carwright was one of a team of volunteers who spent Christmas Day preparing and serving a meal to the community.

Left: Community Christmas dinner organizers, from left Mike Feagan, Larry Olm and Jack O'Neil, have been running the event for the past 12 years and plan to keep going as long as they can.

SCHOOL LIFE: Spirit of giving is strong with Steele Street students



Staff and students at Steele Street Public School helped make Christmas a lot brighter for five area families sponsored by the Salvation Army. During their Christmas concert, guests were asked to bring a toy or non-perishable food item for food and gift hampers given away last week. Students included Sam Barrett, Gareth Sorge, Natalie Barrett, Ian Sorge, student council president Hillary Kendrick and council vice president Jessica Bates.

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■ PEOPLE, PLACES

Volunteers: The hearts and souls of annual Christmas tradition



George Duma
BY GEORGE

I know I've talked before about the incredible generosity and kindness we show each other in our wonderful small town, but I believe it's important to constantly acknowledge it. It's probably just some strange fear that if we don't con-

stantly reinforce it, we'll take it for granted. And that would be a tragedy.

On Christmas Day, as has happened for a dozen years, a raft of volunteers got together to provide Christmas dinner for the less fortunate among us here in town.

Jack O'Neill, one of the organizers of the dinner since its inception, says it's become such a tradition, he can't see it ever ending.

"It'll certainly continue as long as I'm around," he says.

When the first dinner was held back in 1997, it was at the Royal Canadian Legion

Branch 56 on Clarence St.

I remember going there that year, camera in hand, to take pictures for *The Tribune*.

There was such a buzz of excitement and anticipation in the air. Organizers wondered if they had enough food. Would people even come?

Well, come they did. About 85 folks showed up for that inaugural meal and a new Port tradition was born.

This past Christmas Day, the dinner drew close to 250 people being served by about 30 volunteers.

It outgrew the Legion about three years ago and is now being held in Port High's cafeteria.

Slated to begin at 1 p.m. and go to about 3:30, the event was winding down when I showed up at about 2:15 p.m., thinking I'd walk in right in the thick of things.

Jack said people began arriving around 12:30 and the meal was served at 1 p.m. sharp. By shortly after 2, volunteers were already putting away food and finishing the cleanup.

See BY GEORGE Page 19

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Jo Ujfalussy

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General Employment

A800



The Corporation of the City of Welland is currently accepting applications for the following summer positions in the Parks, Facilities and Leisure Services Department. All positions require work hour flexibility which could include evening and weekends.

Aquatic Coordinator - \$15.59/hr.

- Current NLS Award
- Current RCJLSSC Instructor Award
- Current Standard First Aid and CPR "C"
- Preferably Aquatic Supervisors' Training (AST course)
- Level I Criminal Clearance Certificate
- Valid Ontario Driver's License
- Use of a vehicle for corporate business is essential (mileage is compensated)
- High Five: Principles of Healthy Child Development QUEST

Completed application forms along with copies of certifications must be submitted to Human Resources at 60 East Main Street Welland no later than 4:00 pm Friday, January 28, 2010.

Pool Supervisors - \$14.24/hr.

- Current RCJLSSC Instructors
- Current NLS Award
- Current Standard First Aid and CPR "C"
- Level I Criminal Clearance Certificate
- Level I Criminal Clearance Certificate
- Works well with children
- High Five: Principles of Healthy Child Development QUEST (Head Supervisor)

Completed application forms along with copies of certifications must be submitted to Human Resources at 60 East Main Street Welland no later than 4:00 pm Friday, January 28, 2010.

Swimming Instructors - \$10.74/hr.

- Current RCJLSSC Instructors
- Current NLS Award
- Current Standard First Aid and CPR "C"
- Level I Criminal Clearance Certificate
- Works well with children

Completed application forms along with copies of certifications must be submitted to Human Resources at 60 East Main Street Welland no later than 4:00 pm Friday, February 26, 2010.

Lifeguards - \$10.24/hr.

- Current NLS Award
- Current Standard First Aid and CPR "C"
- Level I Criminal Clearance Certificate
- All positions require individuals to work flexible hours including evenings and weekends
- High Five: Principles of Healthy Child Development

Completed application forms along with copies of certifications must be submitted to Human Resources at 60 East Main Street Welland no later than 4:00 pm Friday, February 26, 2010.

Camp Coordinator - \$15.59/hr.

- Current Standard First Aid
- Level I Criminal Clearance Certificate
- Valid Ontario Driver's License
- Use of a vehicle for corporate business is essential (mileage is compensated)
- High Five: Principles of Healthy Child Development QUEST

Completed application forms along with copies of certifications must be submitted to Human Resources at 60 East Main Street Welland no later than 4:00 pm Friday, January 28, 2010.

Camp Leader - \$10.74/hr.

- Current Standard First Aid
- Level I Criminal Clearance Certificate
- Valid Ontario Driver's License
- Works well with children
- High Five: Principles of Healthy Child Development
- E.C.E. diploma would be an asset

Completed application forms along with copies of certifications must be submitted to Human Resources at 60 East Main Street Welland no later than 4:00 pm Friday, January 28, 2010.

Application forms are available at the City of Welland Human Resources Department or off the City's web site at www.welland.ca

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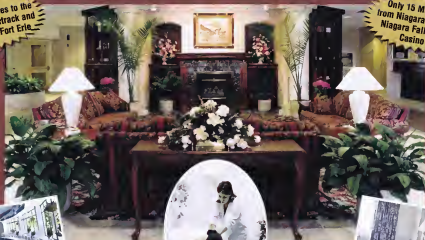
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